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WHEN SCHOOL LUNCHES
ARE CARRIED FROM HOME

Most rural mothers agree that it is better for the children to have at least one hot food for the school lunch. Where this cannot be prepared at school, a vacuum bottle may be used to bring hot soup, hot cocoa, or some other hot food, if there is a good arrangement at the school for seating the children while they eat. In any case, a part of the lunch must be carried from home every day. It takes forethought and ingenuity on the mother's part to give both variety and balance in these school lunches prepared day after day throughout the school year.

_____, _____
(Name) (title)
at _____, suggests that, to maintain a good food
(institution)
balance, the noon lunch include, every day, some milk, citrus fruit or tomato, a protein food like eggs or meat or fish or cheese, bread and butter, and a vegetable, preferably raw, as well as fruit and a small amount of sweet for dessert. The vegetable may be used for sandwich filling. Or it may be prepared in salad form or as vegetable sticks, such as carrot or turnip sticks, or celery stalks.

Here are ideas about lunch preparation which some mothers have found helpful: Prepare sandwich fillings the night before. Sometimes put in plain bread-and-butter sandwiches with or without a filling carried separately. Cookies and cup cakes carry better than sliced layer cake. Use

(more)

whole-wheat bread at least half the time. Have a good variety of cookies and cup cakes. Butter-cream icing between graham crackers, or brown-sugar hard sauce or maple cream spread between plain (unsalted) crackers make good substitutes for cookies.

Universally agreed upon is the importance of packing the school lunch so that it will travel well, wrapping each sandwich separately, also fruits, cup cakes, and so on. Bananas particularly require separate wrapping, or they will flavor everything else in the lunch box.

Opinions seem to differ as to whether or not the older children should help to pack the school lunches. One mother thinks, "By all means. It is good experience and saves my time." Another believes it is a better appetite aid if each day's lunch is a pleasant surprise, and for that reason the children should not help to pack it.

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